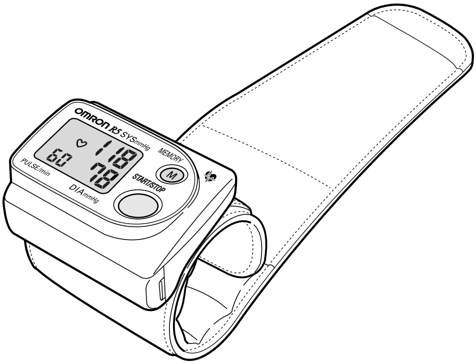
OMRON

Instruction Manual 使用說明書

Automatic Wrist Blood Pressure Monitor
自動腕部血壓計

Model 型號 R5



- Thank you for purchasing the OMRON Automatic Wrist Blood Pressure Monitor.
- Please read this Instruction Manual thoroughly before using.
- Please keep this Instruction Manual at hand for your future reference.

- 感謝您購買 OMRON 自動腕部血壓計。
- 請在使用前通讀本說明書。
- 請保存本說明書以便隨時查閱。

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安全說明

請注意下列安全說明

⚠ 注意

對於測量結果和治療進行自我診斷是危險的。

請遵照醫生的指示。

- 自我診斷可能會加重病情。
- 糖尿病、高血脂或高血壓可能導致動脈硬化。如果不核對這類情況，發生腦中風、冠狀動脈和血液循環紊亂症求的風險會大大增加。此時，腕部血壓和臂部血壓可能相差甚大。（即使是健康人，如果測量條件不當，這兩者也可能有 20 mmHg 的差異。因此不要對測量結果進行自我診斷。請征求醫生的意見。）
- 腕部和臂部血壓值之間的差異可能由測量時的心理狀況所致。但是，在腕部和臂部(上臂)測得的血壓是在同樣的情況下而波動的。因此您可以通過測量腕部的血壓來檢查波動趨勢。

不可用於嬰兒或無法表達自己的意圖的人。

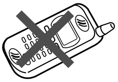
- 這樣做可能引發事故或造成麻煩。

不可用作測量血壓以外的其它用途。

- 可能引發事故或造成麻煩。

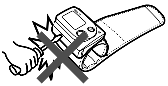
不要在血壓計近旁使用手提電話。

- 血壓計可能出現操作錯誤。



不要拆開或改裝血壓計的主要部件和袖帶。

- 這樣將無法正確測量。



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安全說明

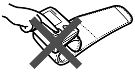
請注意

廢舊電池可能漏電并損壞主要部件。請注意以下幾點：

- 如果長時間不用本血壓計（約三個月或以上），請取出電池。
- 請立即取出舊電池，換上新電池。
- 不要將新舊電池混用。
- 裝入電池時，不要弄錯正負極。

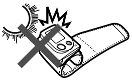
不要用力拉伸或彎曲袖帶。

不要在袖帶未裹在手腕上時就按開始 / 停止按鈕。



不要撞擊或跌落血壓計。

不要將血壓計放在陽光可以直射、高溫、高濕、
有灰塵或可能接觸到腐蝕性氣體或水的地方。



不要使用苯精、稀釋劑、汽油或酒精清洗血壓計。

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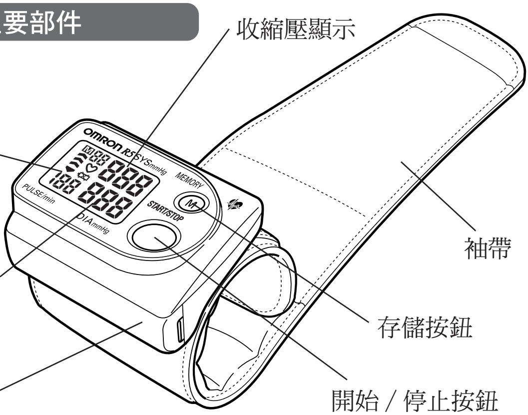
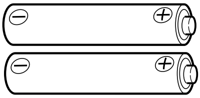
部件名稱

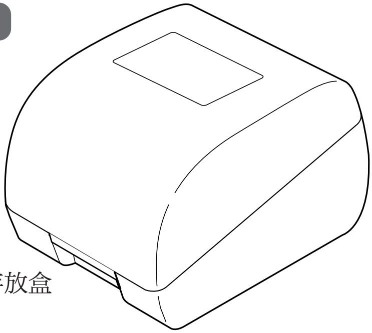
主要部件



附件

兩節 AAA 鹼性電池
（LR03）





存放盒

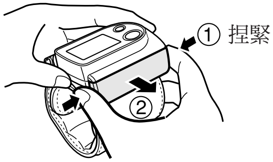
INTELLISENSE（智能型）血壓計是全球血壓計的著名品牌，它採用生物資訊感應技術及高性能的智能邏輯技術，這些均是OMRON的關鍵技術。出色的感應技術使該血壓計能夠進行精確的測量。

使用前的準備工作

裝入電池

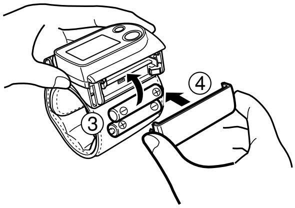
(1) 捏緊電池蓋的兩側。

(2) 拉出電池蓋。



(3) 裝入電池，並使其正負極（+ 和 –）正確放置。

(4) 用手指頭捏著電池蓋，將它放回原位。



電池壽命與更換

• 使用高性能鹼性電池（兩節 AAA 電池），如果在 22°C 的室溫下血壓計加壓至 170 mmHg ，每天三次，您可以測量大約 400 次。

• 電池壽命因環境溫度而異。如在冬季低溫下，電池壽命比在22°C的常溫下要短。

• 本儀器所提供的電池是用於監測的，有可能不能持續 400 次。

• 如果更換電池的標誌 [電池更換標誌] 閃亮，或者如果按動開始 / 停止按鈕後血壓計不能加壓，請用同類型的新電池更換電池。

• 如果持續按住開始 / 停止按鈕，電池的電能會耗盡。攜帶或存放時請將血壓計放在存放盒裡，以免開始 / 停止按鈕受到擠壓。

• 請在電源關閉的情況下才更換電池（血壓計上無任何顯示）。

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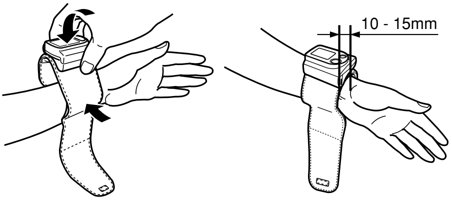
使用前的準備工作

卷綁袖帶。

1. 將袖帶卷綁在左腕上，左手姆指朝上。

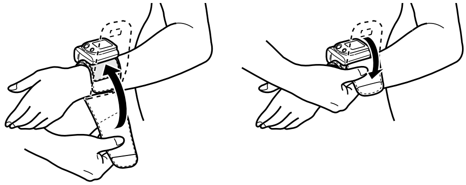
* 將袖帶捲綁在裸露的手腕上。

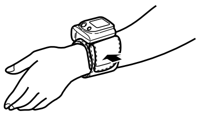
* 請不要將衣服袖子捲在袖帶裡。



* 如圖所示，袖帶的邊緣與手掌之間應留出 10~15 毫米（約一小指寬）。

2. 抓住袖帶的末端，并在拉動的同時將其卷綁在手腕上，使袖帶緊貼手腕。





* 除非袖帶緊貼在手腕上，否則有可能得不到正確的測量結果。

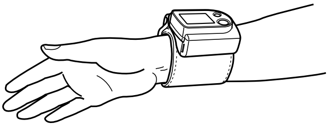
* **對於瘦小的手腕（手腕周長下於 145 毫米），袖帶可能無法裹緊而感覺鬆馳。這種情況下，不要用力捲綁，因為這不影響測量。**

* 扣緊尼龍刺粘搭鏈。

* 袖帶剩餘的部分可以適當地沿原路折回。

測量右手腕時

也可在右手腕上測量，如圖所示安放血壓計。



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使用前的準備工作

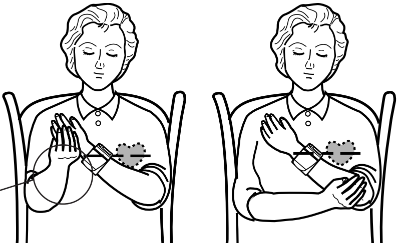
讓袖帶與您心臟處於同一水平，并用右手輕輕地扶著左手。

1. 坐在椅子上擺正姿勢，背部挺直。

* 不要彎腰前傾。

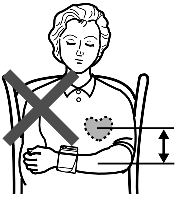
2. 做五六次深呼吸，然後放鬆。

3. 讓袖帶與您心臟處於同一水平。（請參見右圖）。

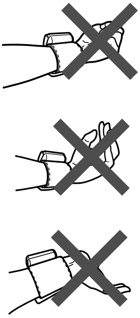


* 手指觸肩的姿勢。

- **應避免的測量姿勢和手形**



* 如果袖帶過低，或者手撐得太緊，測量的血壓值可能偏高。



* 不要用右手扶著袖帶。這會使測量錯誤。

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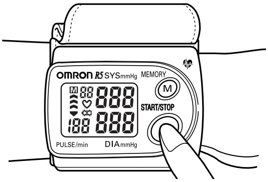
如何進行血壓測量

準備好以後，請按照下列步驟進行測量。只要一按開始／停止按鈕就可以開始測量。

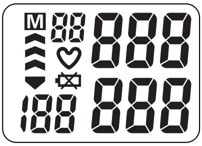
1. 按開始／停止按鈕。

(1) 按下開始／停止按鈕。
顯示屏啟動後請放開按鈕。

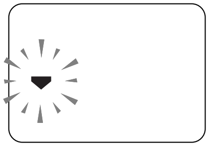


(2) 初始顯示。
所有的顯示符號顯示約需0.5秒。

* 此處顯示 電池更換符號并非指電池已耗盡。

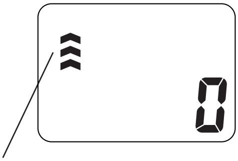


(3) 排氣顯示。
符號開始閃爍。



(4) 血壓計開始充氣測量。

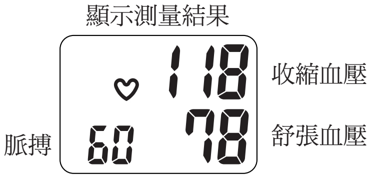
* 因為測量是在充氣過程中進行的，所以血壓計開始充氣以後不要移動手、腕和胳臂。



隨著測量的繼續，這些標記會依次消失。

2. 測量結束，血壓值和脈搏均會顯示。

測量結束後， 符號會閃爍，袖帶自動排氣。然後 符號將會出現，血壓值和脈搏率將會同時顯示出來。



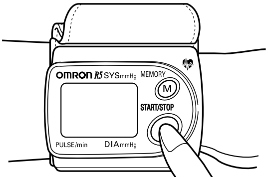
* 如果無法測量或顯示的血壓值異常高（低），請參閱第 15 頁。
* 如果尼龍搭鏈在測量過程中鬆開，請如第7頁所示裹緊袖帶并在扣好尼龍搭鏈後再次測量。

• •

3. 關閉電源。

現在已經完成血壓測量。
請按開始／停止按鈕關閉電源。
要再次測量，請重複上述第 1 步。

* 即使您忘了關閉電源，血壓計也會在大約 2 分鐘後自動關閉。

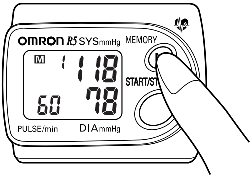


如何使用存儲功能

R5 血壓計能夠記錄多達七次的測量。

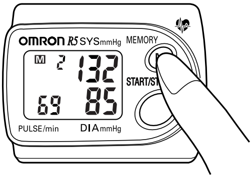
1. 按存儲按鈕（“M”存儲按鈕）。

測量完畢後，甚至關機後，仍然可以提取以前的測量值。



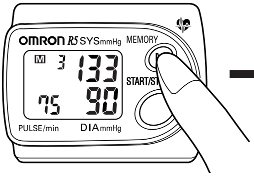
上次的測量會顯示出來。

按“M”按鈕。



每按一次“M”按鈕，就會調出上一次的測量。

按“M”按鈕。

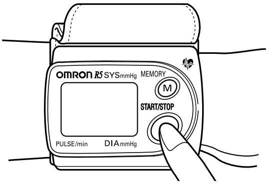


當儲存的全部測量結果顯示出來後，目前的測量結果或者第一次測量結果將會重新出現（如果在關機情況下提取存儲的數值）。

* 測量完畢後，或許不能立即提取存儲的內容，即使按下“M”按鈕。在此情況下，請從“M”按鈕上移開手指，然後再按下該按鈕，便可提取存儲值。
* 您可以提取多達七個測量讀數。
* 存儲是以“先進先出”為基礎的，即最早的讀數最先被刪除。

如何使用存儲功能

2. 按開始／停止按鈕關閉電源。



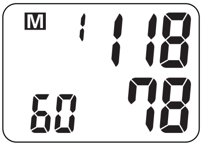
讀取存儲在血壓計中的血壓值和脈博率以後，請按開始／停止按鈕關閉電源。

* 即使您忘了關閉電源，血壓計也會在大約 2 分鐘後自動關閉。
* 即使更換電池時取出了電池，存儲的測量結果也會保存在內存中。

• •

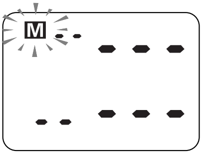
- **要刪除存儲內容**（存儲的所有內容將會被刪除。）

(1) 當電源關閉時，按“M”按鈕，提取測量數據。



(2) 按下“M”按鈕時，同時按下START/STOP按鈕至少兩秒鐘。
* 如果首先按“M”按鈕，電源將會被關閉。
顯示屏上將如右圖所示，“M”按鈕開始閃爍。

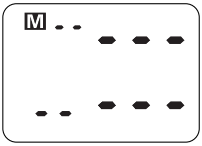
(3) 當“M”符號開始閃爍時，停止按“M”按鈕。



儲存內容被刪除

(4) 當“M”符號停止閃爍，所有的儲存內容更將會被刪除，顯示屏上將顯示沒有任何儲存內容。

(5) 請按START/STOP按鈕，關閉血壓計。

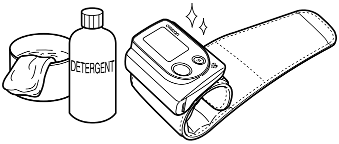


顯示沒有儲存

保養

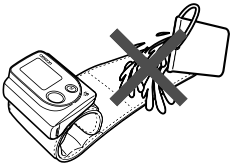
怎樣清洗血壓計

用一塊蘸有水或洗滌劑的布擦拭血壓計，然後用乾布擦乾。
*　請小心不要讓水進入本血壓計。



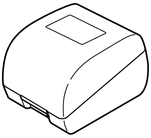
不要用苯精、稀釋劑或汽油清潔血壓計。

不要洗滌袖帶或將袖帶弄濕。即使袖帶中的材料鬆散，也不影響測量的精度。

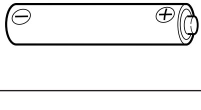


怎樣存放血壓計

攜帶或存放血壓計時，請將主要部件置於存放盒中。

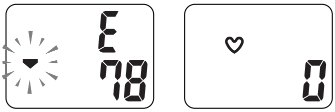
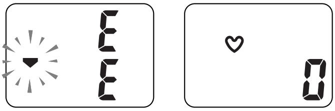
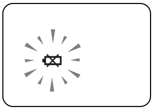


長時間（例如三個月以上）不用血壓計，請將電池取出以免漏液。



出錯指示符

測量不正確時會顯示以下錯誤：

出錯	原因	解決辦法
 幾秒鐘後	測量過程中您移動手臂或身體，或說話。	按一次開始 / 停止按鈕關閉電源。手臂和身體不要移動，再次測量血壓。（請參閱第 9 頁）
 幾秒鐘後	在測量過程中，您大幅度地擺動了您的手臂或者身體。	
 只有標記閃亮	電池已耗盡。 * 初始顯示中顯示的電池更換標記并不意味著電池電能已耗盡。	換上新電池。（請參閱第 6 頁）

OMRON-R5 (CT) 14 27/11/03, 14*57

故障排除

如果使用血壓計時發生故障，請先檢查以下幾點：

問題	檢查什麼	怎樣解決
按下開始 / 停止按鈕後無任何顯示。	電池耗盡了嗎？	換上新電池（請參閱第 6 頁）
	電池的正負極是否弄錯？	裝上電池、注意正負極。（請參閱第 6 頁）
無法測量。 或所顯示的血壓值異常高（低）。	您是否將袖帶保持在與心臟同一水平處？	以正確的姿勢測量血壓。（請參閱第 8 頁）
	袖帶裹緊了嗎？	正確捲綁袖帶。（請參閱第 7 頁）
	您的肩部或手臂是否過於緊張？	放鬆，然後測量。（請參閱第 8 頁）
	測量過程中您是否說話或移動了雙手？	不要動，再次測量。（請參閱第 8 頁）
袖帶無法充氣到所需的壓力血壓計顯示一個 E（出錯）。	袖帶是否漏氣？	找 OMRON 銷售商修理。
血壓值與臂部血壓有差異。	請參閱第 17 至 18 頁。如果仍有問題，請就近聯系 OMRON 銷售商。	
每次測量的血壓值都不同，而且顯示的血壓值異常高（低）。	血壓值因測量時的心理狀況或測量時間的不同而不同。深呼吸，放鬆，然後再次測量。（請參閱第 17 至 18 頁）	

* 如果採取上述措施後仍然無法正確測量血壓，則血壓計失靈。
* 請就近聯系 OMRON 銷售商，以確定出現的問題或要求修理。
* 在某些罕見的情形下，某些錯誤可能由於其物理性能引起。在此情況下，請征求醫生的意見。

規格

名稱	：	OMRON 自動腕部血壓計
型號	：	R5
顯示屏	：	數字顯示屏
測量方法	：	動脈搏動描法
測量範圍	：	壓力：0 ~ 280 mmHg 脈搏：每分鐘 40 ~ 180 跳
精確度	：	壓力：誤差 ±4 mmHg 以內 脈搏：誤差讀數的 ±5% 以內
充氣	：	充氣自動膨脹
排氣	：	自動迅速收縮
壓力監測	：	靜電電容半導體壓力傳感器
電源	：	兩節 AAA 電池（LR03）
電池使用壽命	：	在 22°C 的室溫下使用鹼性電池，每天使用三次，每次充氣到 170 mmHg ，大約可以進行 400 次測量。
使用溫度和濕度	：	±10°C ~ +40°C ， 30 ~ 85% RH
儲存溫度和濕度	：	-20°C ~ +60°C ， 10 ~ 95% RH
可測量的手腕周長	：	135 ~ 215 毫米
主要部件重量	：	約 130 克（不包括電池）
外形尺寸	：	54（寬）x 68（高）x 32.5（厚）毫米 （不包括袖帶）
抗觸電保護	：	B 形內部電源設備
附件	：	存放盒，兩節 AAA 鹼性電池，操作指南

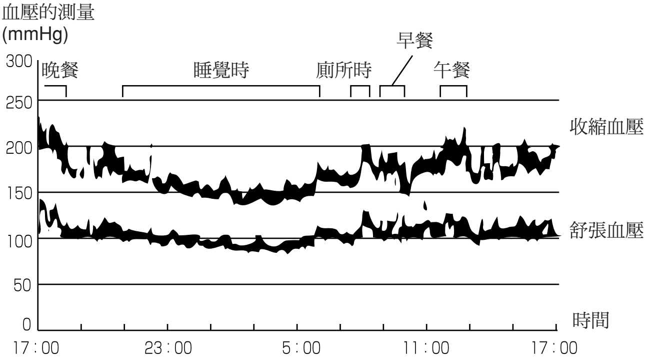
* 規格改變可能不提前通知。

您應該了解的血壓基礎知識

在家裏測量的血壓值一般可能會比醫生測量的低。

血壓的變動可能會高達30至50 mmHg，取決於測量時您是否緊張或是放鬆。

在一天內，血壓也會不斷變化。
（直接測量方法）



上手臂的血壓數據

資料供應：Osamu Tsuchikubo 博士，第二內科醫藥部，橫濱醫學院。

在家裡測量的血壓一般會比醫生所測量的低 25~30 mmHg 。這是因為一般人在看醫生時會較緊張，而在家裡會較放鬆。在家裡時常定期測量個人的正常血壓指數是非常重要的。情緒緊張的微小變化可能導致 30~50 mmHg 的差數。

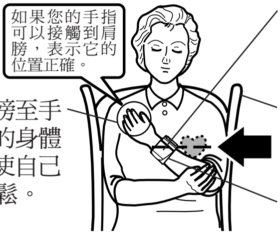
造成血壓變化的原因
- 呼吸 • 運動 • 神經緊張 • 焦慮
- 環境及溫度的改變 • 用餐
- 排泄 • 交談 • 洗澡
- 酒精 • 吸煙等。

請您了解，血壓是經常變動的，正如上圖所示。

如何正確測量血壓

正確測量血壓。

必須按照正常的測量方法，才能獲得準確的血壓測量結果，這是非常重要的。



(1) 採取正確的姿勢，使袖帶與心臟在同一水平線上。

(2) 請坐在椅子上，並採取正確姿勢。

(3) 放鬆肩膀至手臂之間的身體肌肉，使自己徹底放鬆。

(4) 將袖帶貼在手腕上包緊。

了解您的血壓變化趨勢。

要了解您的血壓變化趨勢，必須每天在家裡、在相同的時間測量血壓，並把它記錄下來。
而且，在測量時不要擔心您的血壓測量結果。請讓醫生解釋您的血壓測量數據。

手腕的血壓可能與手臂的血壓有所差別。

手腕血壓與普通的手臂血壓的測量部位不同，因此其測量值可能會有一些差別。在許多情況下，對於健康人的收縮和舒張血壓，手腕和手臂血壓的差別大約為 ±10 mmHg 。

以下的人必須注意：由於糖尿病、高血脂或者高血壓導致動脈硬化時，可能會導致外圍循環系統失調。在此情況下，手腕血壓和手臂血壓的測量值可能會有很大差別。如果您對手腕測量的血壓值有任何疑問，請聯絡附近的 OMRON 銷售商。

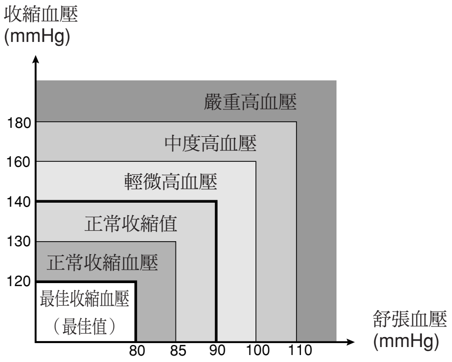
血壓分類標準

世界衛生組織對血壓的分類

世界衛生組織（WHO）而國際高血壓協會（ISH）已經制定了血壓分類標準，如下圖所示。

該分類是依據醫院的門診部對坐著的病人的測量結果。

* 雖然目前還沒有全世界均認可的低血壓定義標準，但是，心臟收縮血壓低於 100 mmHg 的通常被認為是低血壓。



根據 WHO/ISH* 於一九九九年修訂的血壓分類。

* ISH：國際高血壓學會

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Notes on Safety

Please observe the following safety notes

⚠ Caution

Self-diagnosis of measured results and treatment is dangerous. Please follow the instructions of your doctor.

- Self-diagnosis may worsen the disease.
- Diabetes, hyperlipemia, or hypertension may lead to arterial sclerosis. If the conditions are not checked, there is an increased danger of cerebral apoplexy or myocardial infarction, or arteriarctia or peripheral circulatory disturbances. In such cases, wrist and brachial blood pressure may differ greatly. (Even for the healthy person, there may be a difference of 20 mmHg if the measuring conditions are not appropriate. Therefore, do not diagnose the measured results by yourself. Consult your doctor and ask for his/her instruction.)
- The difference between wrist and brachial blood pressure values may be due to physiological conditions at the time of measurement. However, blood pressures measured at the wrist and those at the brachium (upper arm) fluctuate in the same manner. Therefore, you can also check fluctuation tendency by measuring blood pressure at your wrist.

Do not use with infant or person who cannot express one's intention.

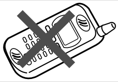
- This may lead to accident or trouble.

Do not use for purposes other than to measure blood pressure.

- May lead to accident or trouble.

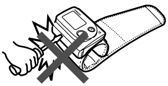
Do not use portable phones near this monitor.

- The monitor may operate erroneously.



Do not disassemble or modify the main unit or the wrist cuff of the blood pressure monitor.

- Correct measurement will be impossible.



Notes on Safety

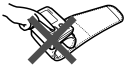
Please take note

Worn battery may leak and damage the main unit. Please observe the following.

- When you are not going to use this monitor for a long period of time (approximately three months or more), remove the batteries.
- Replace worn batteries with new ones immediately.
- Do not use worn and new batteries together.
- Do not insert batteries with their polarities in the wrong direction.

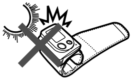
Do not use force to stretch or bend the wrist cuff.

Do not press the START/STOP button when the cuff is not wrapped on the wrist.



Do not apply shock or drop the monitor.

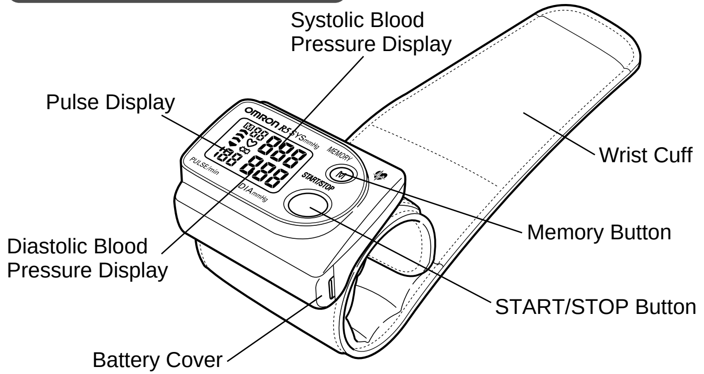
Do not store the monitor under direct sunshine, where there is high temperature and humidity, dust, contact with corrosive gases or water.



Do not use benzine, thinner, gasoline, or alcohol to clean the monitor.

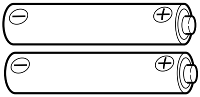
Names of the Parts

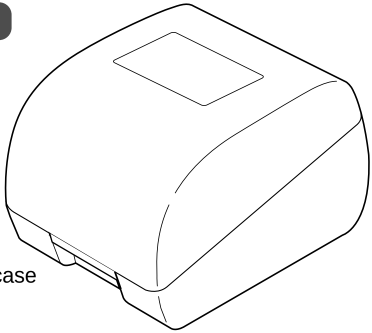
Main unit



Accessories

Two AAA Alkaline
batteries (LR03)





Storage case

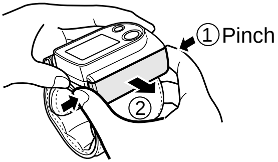
INTELLISENSE blood pressure monitor is a global brand name of blood pressure monitor equipped with bio-information sensing and high performance fuzzy logic technology, which are the key technologies of OMRON. With this excellent sensing technology, the monitor can achieve accurate measurement.

Preparation before Use

Insert the batteries.

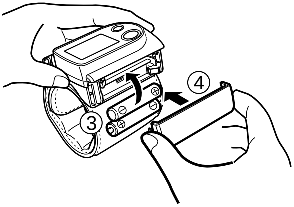
(1) Pinch the sides of the battery cover.

(2) Pull out the battery cover.



(3) Insert the batteries by matching the polarities (+ and -).

(4) Replace the battery cover by pinching it with finger tips.



Battery life and replacement:

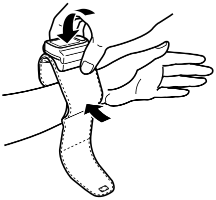
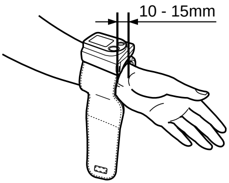
- With the use of high performance alkaline batteries (two AAA batteries), you can measure approximately 400 times if you use this monitor at room temperature of 22°C and inflate it to 170 mmHg, three times a day.
- The battery life varies with the ambient temperature. At low temperature such as during winter, battery life is shortened compared with the normal temperature of 22°C.
- The batteries included are for monitoring only and may not last 400 times.
- If the battery replacement mark flashes, or if the monitor does not inflate when the START/STOP button is pressed, replace the two batteries with new ones of the same type.
- If you hold down the START/STOP button, batteries will wear out. Keep the monitor in the storage case when carrying or storing to avoid pressing on the START/STOP button.
- Replace the batteries while the power is turned off (when nothing is displayed).

Preparation before Use

Attach the Wrist Cuff.

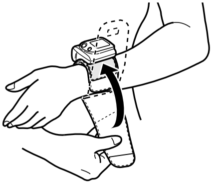
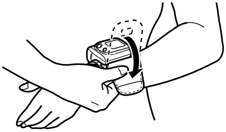
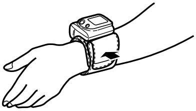
1. **Place the wrist cuff over your left wrist with your left thumb facing upward.**

* Wrap the wrist cuff over bare skin.
* Be sure not to roll the sleeve of your shirt into the wrist cuff.

* As shown in the Figure, leave a space of 10 to 15 mm (about the width of an index finger) between the edge of the wrist cuff and the palm.

2. **Hold the bottom part of the wrist cuff and wrap it around the wrist while pulling so that it fits snugly.**

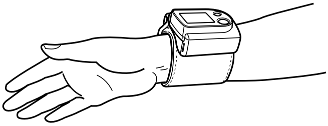




* Unless the wrist cuff is wrapped snugly, correct measurement may not be possible.

* **For the slender wrist (wrist circumference of less than 145 mm), the wrist cuff may not be wrapped snugly and give a feeling of loose wrap. In this case, do not force to wrap since the measurement is not affected.**
* Fasten the Velcro tape tightly.
* The remaining part of the wrist cuff can be conveniently folded back out of the way.

When measuring on the right wrist

Measurement can also be made on the right wrist. Fit the monitor as shown in the Figure.



Preparation before Use

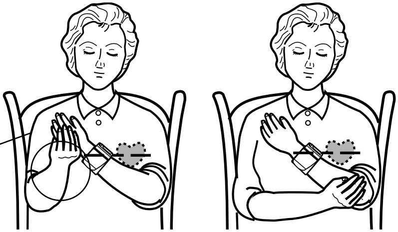
Align the wrist cuff with the level of your heart and gently support your left hand with your right hand.

1. **Sit on a chair in correct posture with your back straight.**
   * Do not bend your body forward.

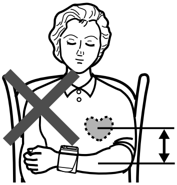
2. **Take deep breaths five to six times, then relax.**

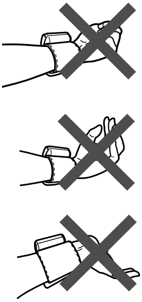
3. **Align the wrist cuff to the level of your heart. (Refer to the Figure to the right.)**

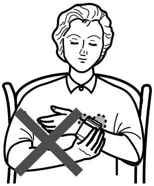
   * Fingers touching the shoulder in this position.



• Measuring postures and hand shapes you should avoid







* If the wrist cuff is lowered or you hold your hand too tight, blood pressure values may be measured as higher than usual.

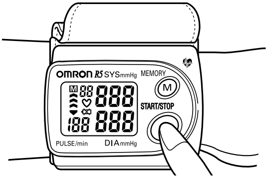
* Do not support the wrist cuff with your right hand. It will cause erroneous measurement.

How to Measure Blood Pressure

When it is ready to measure, take the measurement in the following procedure. To start measurement, simply press the START/STOP button.

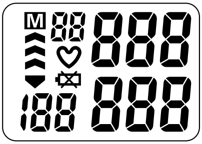
1. Press the START/STOP button.

(1) Press the START/STOP button.
Release the Button when the display turns on.

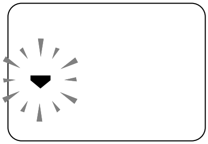


(2) Initial display.
All display symbols turn on for about 0.5 seconds.

* The battery replacement mark shown here does not mean batteries are worn out.

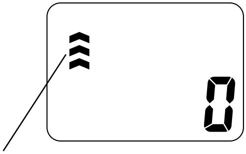


(3) Deflation display.
A mark starts to flash.



(4) The monitor starts to inflate and measure.

* Because measurement is made during inflation, do not move your hand, wrist, or arm after the monitor starts to inflate.



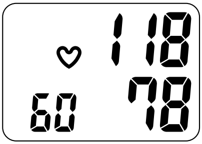
These marks disappear one by one as the measurement proceeds.

How to Measure Blood Pressure

2. Measurement is over and blood pressure values and pulse are displayed.

When the measurement is over, a mark flashes, and the cuff deflates automatically. Then a mark turns on and blood pressure and pulse rate are displayed simultaneously.

Display of measurement results

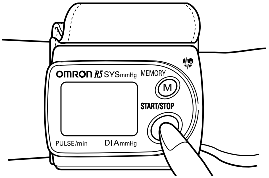


* If a measurement cannot be made or the blood pressure values are displayed abnormally high (low), refer to Page 15.
* If the Velcro tape comes off during the measurement, wrap the wrist cuff snugly as shown in Page 7 and measure again after fastening the Velcro tape.

3. Turn off the power.

Blood pressure measurement is complete now.
Press the START/STOP button to turn off the power.
To make another measurement, repeat the procedure in Step 1 above.

* Even if you forget to turn off the power, the monitor will turn off automatically in approximately 2 minutes.

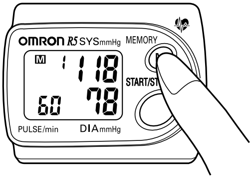


How to Use the Memory Function

The R5 Blood Pressure Monitor can record up to seven measurements.

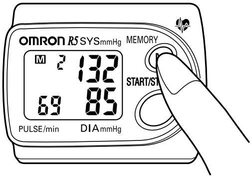
1. Press the MEMORY button ("M" button).

The measurement values can be recalled after completion of the measurement or even when the power is off.



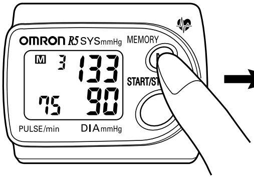
The latest measurements are displayed.

Press the "M" button.



Each time the "M" button is pressed, the previous measurement values are displayed.

Press the "M" button.



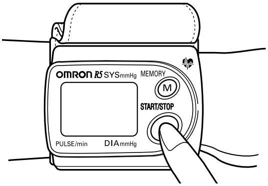
When all the stored measurement results are displayed, the display of the present measurement result or the first measurement result will resume (if the memory is recalled when the power is off.)

* Immediately after completion of the measurement, the memory may not be called even by pressing the "M" button. In that case, leave the finger from the "M" button and press it again to call the memory.
* You can recall up to seven measurements.
* Memory capacity is maintained in a "first-in-first-out" basis, ie the oldest readings will be deleted first.

How to Use the Memory Function

2. Press the START/STOP button to turn off the power.

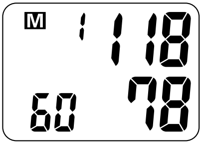
After reading the blood pressure values and pulse rate stored in the monitor, press the START/STOP button to turn off the power.



* Even if you forget to turn off the power, the monitor will turn off automatically in approximately 2 minutes.
* The stored measurements will remain in the memory even when the batteries are removed for battery replacement.

• **To delete the memory** (Everything in the memory will be deleted.)

(1) Press the "M" button while the power is off to call the measured data.

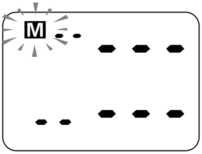


(2) Press the START/STOP button for more than 2 seconds while pressing the "M" button.

   * If you press the "M" button first, the power will turn off.

   The display appears as shown to the right and the "M" button starts blinking.

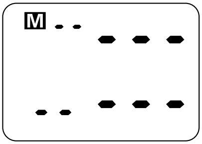
(3) When the "M" mark starts blinking, stop pressing the "M" button.



Memory being deleted

(4) When the "M" mark stops blinking, the contents of the memory are deleted and the display of no memory appears.

(5) Press the START/STOP button to turn off the power.

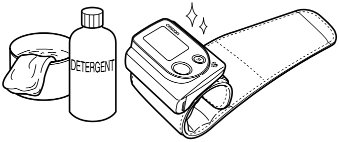


Display of no memory

Maintenance

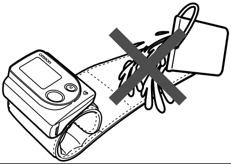
How to clean the monitor

Wipe the monitor with a cloth, moistened with water or detergent, then wipe it dry with a dry cloth.
* Please be careful so that water do not get into the unit.



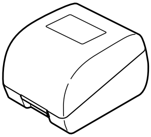
Do not use benzine, thinner, or gasoline to clean he monitor.

Do not wash or wet the wrist cuff. Even if the cloth lining inside the wrist cuff becomes fluffy, it does not affect the measuring accuracy.

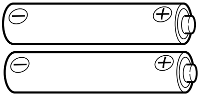


How to store the monitor

Keep the main unit in the storage case when carrying or storing the monitor.

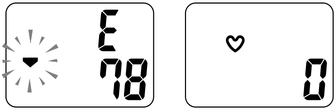
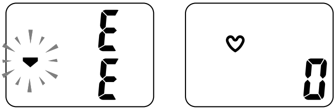
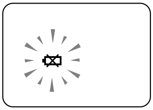


If you are not going to use the monitor for a long period of time such as for more than three months, remove the batteries from the monitor to prevent leakage.



Error Indicators

If measurement is not made correctly, the following error will be displayed.

<table>
<tr><th>Error</th><th>Cause</th><th>How to correct</th></tr>
<tr><td>
After several seconds</td><td>You moved your arm or body, or talked during measurement.</td><td rowspan="2">Press the START/STOP button once to turn off the power. Measure your blood pressure again without moving your arm or body. (Refer to Page 9.)</td></tr>
<tr><td>
After several seconds</td><td>You moved your arm or body greatly during measurement.</td></tr>
<tr><td>
Only mark flashes.</td><td>Batteries are worn out.
*Display of battery replacement mark during the initial display does not mean worn batteries.</td><td>Replace the batteries with new ones. (Refer to 6.)</td></tr>
</table>

Troubleshooting

If trouble occurs while you are using the monitor, check the following points first.

Trouble	What to check	How to correct
Nothing is displayed when you press the START/STOP button.	Are the batteries worn out?	Replace the batteries with new ones. (Refer to Page 6.)
	Are the polarities of batteries wrong?	Insert the batteries with the polarities in correct direction. (Refer to Page 6.)
Measurement cannot be made. Or, blood pressure values are displayed abnormally high (low).	Did you keep the wrist cuff at the same level as your heart?	Measure your blood pressure in the correct posture. (Refer to Page 8.)
	Is the wrist cuff wrapped snugly?	Wrap the wrist cuff correctly. (Refer to Page 7)
	Are you putting too much stress on your shoulder or arm?	Relax, and measure. (Refer to Page 8.)
	Are you talking or moving your hands during measurement?	Keep still and measure again. (Refer to Page 8.)
The wrist cuff does not inflate to the required pressure and an E is displayed.	Is the wrist cuff leaking air?	Ask for the repair.
The blood pressure values differ from the brachial pressures.	After referring to the section on pages 17 to 18, consult the nearest OMRON dealer.	
Blood pressure value differs each time I measure or the blood pressure value is displayed abnormally high (low).	Blood pressure value varies according to the mental state during measurement or the measuring time. Take a deep breath, relax, then measure again. (Refer to Page 17 to 18.)	

* If you cannot measure your blood pressure correctly even after taking the above mentioned measures, the monitor may have malfunctioned.
* To confirm the problem or request for repair, consult the nearest OMRON dealer.
* In some very rare cases, some error may be caused by the physical natures. In such a case, please consult the doctor.

Specifications

Name	: OMRON Automatic Wrist Blood Pressure Monitor
Model	: R5
Display	: Digital display
Measurement	: Oscillometric method
Measurement Range	: Pressure; 0 to 280 mmHg Pulse rate; 40 to 180 beats/min
Accuracy	: Pressure; Within ±4 mmHg Pulse rate; Within ±5% of reading
Inflation	: Automatic inflation by pumping
Deflation	: Automatic rapid deflation
Pressure Detection	: Electrostatic capacity semiconductor pressure sensor
Power supply	: Two AAA batteries (LR03)
Battery Life	: Approximately 400 measurements when using alkaline batteries at the room temperature of 22°C and by using three times a day and inflating to 170 mmHg
Operating Temperature and Humidity	: +10°C to +40°C, 30 to 85% RH
Storage temperature and humidity	: -20°C to +60°C, 10 to 95% RH
Measurable circumference of wrist	: 135 to 215 mm
Weight of Main Unit	: Approximately 130 g (not including batteries)
External Dimensions	: 54 (W) x 68 (H) x 32.5 (D) mm (not including the wrist cuff)
Electric Shock Protection	: Internal power supply appliance type B
Accessories	: Storage case, two AAA alkaline batteries, Instruction manual

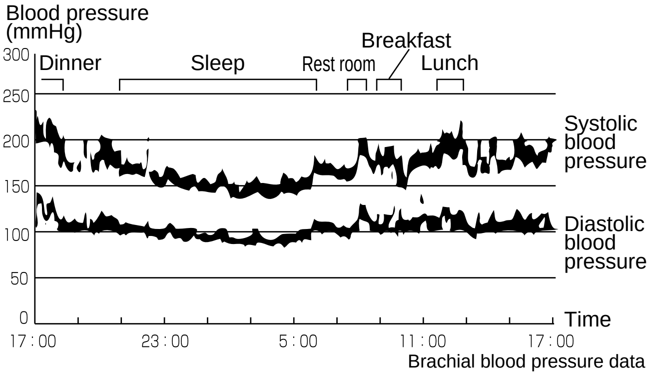
* Specifications may be changed without prior notice.

What you should know about Blood Pressure

Blood pressure values measured at home tend to be lower than those measured at the doctor's office.

Blood pressure can vary by as much as 30 to 50 mmHg depending on whether you are nervous or relaxed.

Blood pressure fluctuations throughtout the day.
(Direct measuring method)



Provided by Dr. Osamu Tochikubo of the Second Internal Medicine, the Faculty of Medicine at Yokohama Municipal University.

Blood pressure values measured at home are sometimes 25 to 30 mmHg lower than those measured at the doctor's office. This is caused by the fact that you may be nervous at the doctor's office, but are relaxed at home. It is important to know your regular normal blood pressure measured at home.

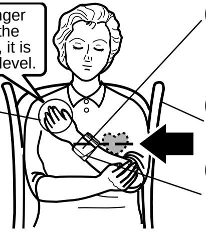
Factors that may cause the blood pressure to fluctuate
- Breathing • Exercise • Mental stress • Concern
- Environmental and/or temperature change • Eating
- Urination and bowel movement • Conversation • Taking bath
- Drinking alcohol • Smoking, etc.

Please understand that blood pressure fluctuates easily as shown above.

For the Correct Measurement of Blood Pressure

Let's Measure Blood Pressure Correctly.

It is important to observe the correct measuring method in order to measure blood pressure accurately.



(1) Take a correct posture so that the wrist cuff is at the same level as the heart.

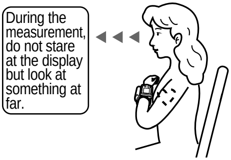
(2) Be sure to sit on a chair and take a correct posture.

(3) Relax yourself by releasing the tension from shoulder and arm.

(4) Wrap the wrist cuff snugly.

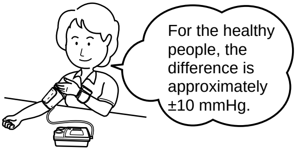
Learn your blood pressure trend

In order to know the fluctuation trends of your blood pressure, it is important to measure your blood pressure at the same time every day at home and recording it.
Furthermore, do not worry about your blood pressure each time you measure. Ask your doctor to interpret your blood pressure data.



Wrist blood pressure may differ from brachial pressure.

Wrist blood pressure is measured at a different region from the usual brachial blood pressure measurement and may show slightly different value. In many cases, the difference between the wrist and the brachial blood pressures is approximately ±10 mmHg both for the systolic and the diastolic pressures in the case of healthy people.



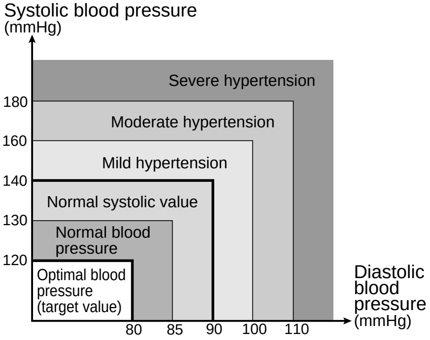
People with the following condition should take note. When arterial sclerosis worsens because of diabetics, hyperlipemia, or hypertension, it may cause peripheral circulatory disturbance. In these cases, the wrist and brachial blood pressure values may differ greatly. If you have any question on the blood pressure values measured at wrist, please contact the nearest OMRON dealer.

Blood Pressure Classification

Classification of Blood Pressure by the World Health Organization

The World Health Organization (WHO) and the International Society of Hypertension (ISH) developed the Blood Pressure Classification shown in the Figure below. (This classification is made based on the blood pressure values measured in a sitting position, in the outpatient department of hospital.)

* There is no universally accepted definition of hypotension. However, those having the systolic pressure below 100 mmHg are assumed as hypotension.



According to the blood pressure classification by the WHO/ISH* (revised in 1999)
* ISH: International Society of Hypertension

BLOOD PRESSURE LOG

Name ____________________

DATE	AM	SYS./DIA.	PM	SYS./DIA.

BLOOD PRESSURE LOG

Name ____

DATE	AM	SYS./DIA.	PM	SYS./DIA.

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